

Advanced Psychology Fundamentals

Psychology · Practice Test · 15 Questions

1. Which psychological phenomenon describes the tendency to overestimate the extent to which others share our beliefs and behaviors?

- A) The Bystander Effect
- B) The False Consensus Effect
- C) The Dunning-Kruger Effect
- D) The Placebo Effect

2. Who is primarily credited with the development of the 'Hierarchy of Needs' theory?

- A) Sigmund Freud
- B) B.F. Skinner
- C) Abraham Maslow
- D) Carl Rogers

3. What is the term for the memory process that involves organizing information into manageable units to improve retention?

- A) Encoding
- B) Chunking
- C) Retrieval
- D) Rehearsal

4. In operant conditioning, what is the effect of negative reinforcement?

- A) Decreasing a behavior by adding a stimulus
- B) Increasing a behavior by removing an aversive stimulus
- C) Decreasing a behavior by removing a reward
- D) Increasing a behavior by adding a reward

5. Which neurotransmitter is most directly associated with the regulation of mood and is a common target for antidepressants?

- A) Serotonin
- B) Dopamine
- C) Acetylcholine
- D) GABA

6. What is the primary function of the hippocampus in the human brain?

- A) Regulation of emotions
- B) Motor coordination
- C) Formation of new long-term memories
- D) Processing visual information

7. Which bias involves the tendency to search for, interpret, and recall information in a way that confirms one's preexisting beliefs?

- A) Availability Heuristic
- B) Confirmation Bias
- C) Hindsight Bias
- D) Anchoring Bias

8. According to the Big Five personality traits, which trait describes a person's tendency to be organized, dependable, and disciplined?

- A) Agreeableness
- B) Openness
- C) Conscientiousness
- D) Extraversion

9. What type of study tracks the same group of individuals over an extended period to observe changes?

- A) Cross-sectional study
- B) Case study
- C) Longitudinal study
- D) Experimental study

10. Which psychological concept explains why people are less likely to offer help in an emergency when other people are present?

- A) Social Facilitation
- B) Group Polarization
- C) Bystander Effect
- D) Deindividuation

11. What is the primary focus of Cognitive Behavioral Therapy (CBT)?

- A) Exploring unconscious childhood conflicts
- B) Changing maladaptive thought patterns and behaviors
- C) Examining dream symbolism
- D) Analyzing early attachment styles

12. Which brain structure is known as the 'relay station' for sensory information, sending it to the appropriate areas of the cortex?

- A) Thalamus
- B) Hypothalamus
- C) Amygdala
- D) Cerebellum

13. What is the 'just-world hypothesis'?

- A) The belief that people get what they deserve
- B) The need for total equality in society
- C) The assumption that legal systems are inherently fair
- D) The tendency to blame environmental factors for failure

14. In classical conditioning, what is the term for the initial stage of learning during which a response is first established?

- A) Extinction
- B) Acquisition
- C) Generalization
- D) Discrimination

15. Which hormone is commonly referred to as the 'stress hormone' and is released by the adrenal glands?

- A) Insulin
- B) Estrogen
- C) Cortisol
- D) Melatonin